

Raw Brownie Bites

My favourite “cheat” is a recipe I came across on a blog about a year ago. I have a serious sweet tooth, so I am always looking for a healthy way to satisfy my cravings. My solution? Raw chocolate brownie bites! The best part about this recipe is that it tastes so decadent, you will forget that you are eating something nutritious! These brownie bites include dates (rich in vitamins, minerals and naturally sweet), walnuts (antioxidants and healthy fats) and last cocoa powder (allows for a chocolate taste with no added sugar or fat). These brownie bites are chocolate-y and sweet, yet simple which is the best thing for a busy athlete! If you do not like walnuts or have an allergy you can always substitute for any other nut and it will taste just as good!

Ingredients

1 1/2 cups raw walnut halves
1/4 cup cocoa powder
1 teaspoon vanilla extract
1/4 teaspoon fine sea salt
1 cup soft dates, pitted (about 10 Medjool dates)
1 tablespoon water

1. In a blender or food processor, grind the walnuts into a fine meal.
2. Add in the rest of the ingredients, and process again until a sticky, uniform dough is formed.
3. Scoop the batter by heaping tablespoons onto a plate or baking sheet lined with parchment paper, to prevent sticking. Roll the balls between your hands, and roll them in cocoa powder.
4. Store the balls in the fridge or freezer, and serve them chilled for the most firm texture.

Makes about 12 bites

Notes : If using a blender, start with a small amount of walnuts and continue adding to the blender.

* this recipe is adapted from Detoxinista, a blog that has amazing recipes!